

  
**GODLEYS**  
CYCLES & TRIATHLON EQUIPMENT

**SPORTIVE**

**2<sup>ND</sup> SEPTEMBER**

**RIDER  
MANUAL**



**VELO29**  
**PRIMAL**  
/// CYCLING EVENTS

FOR MORE INFO VISIT  
[WWW.VELO29EVENTS.COM](http://WWW.VELO29EVENTS.COM)

# SPORTIVE

2<sup>ND</sup> SEPTEMBER

## OFF-ROAD SECTORS



# **Welcome to the 2018 Sportive X**

**This short event manual gives you all the info you need to prepare for the Sportive. Please read it carefully before day and arrive well prepared ready for an enjoyable and safe ride.**

**You will need to sign-on before the ride to confirm that you are taking part and that you have read the event manual and believe that you and your bike are capable of completing the chosen route. You are also signing that you understand this is an open road non-competitive event and you will follow the Rules of the Roads at all times.**

**Due to the nature of this event, we cannot get a vehicle to you at all points of the course. We have 4 land rovers supporting however there are some locked gates we don't have keys for.**

**If you need support if possible get back to the start of the sector you are on as our team will be there to assist.**

**Thank you very much for entering and supporting the 2<sup>nd</sup> Sportive X, we hope you thoroughly enjoy the day!**

**Any questions, drop us an email at [events@velo29.com](mailto:events@velo29.com)**

**Richard Williamson, Event Director, Velo29events.com**

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# 1.) Getting to the Event

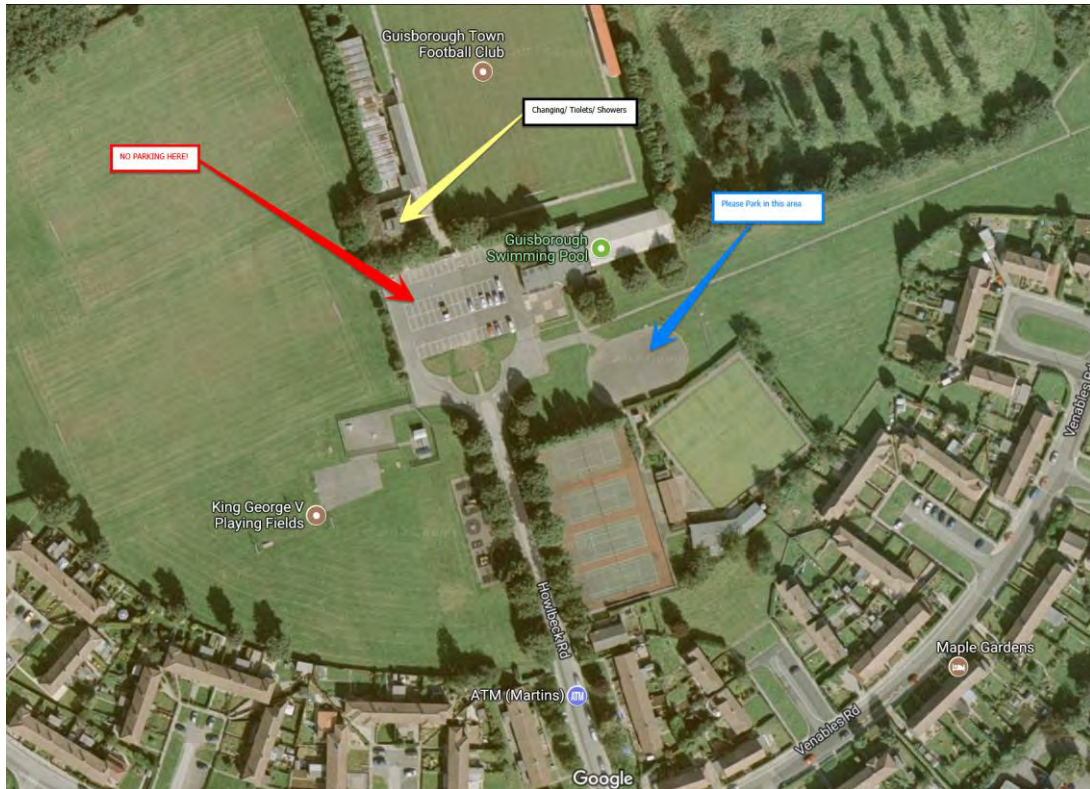
The HQ, Car Parking and Changing facilities are located at;

**HQ KING GEORGE V PLAYING FIELDS, HOWLBECK ROAD, GUISBOROUGH, CLEVELAND, TS14 6LF**

**Park as close to other cars as possible, the space is tight. Please share a lift/ ride to the event where possible.**

**Water is available at the HQ for those who have ridden.**

**Toilets and Showers/ Changing are available at the HQ as shown on the map below.**



## **2.) Preparing for The Day**

### **What to Bring on the Day?**

**Velo29 Sportives are well supported however we strongly recommend you prepare yourself with some essentials.**

**Please arrive with the following;**

**2 Water Bottles - you can fill up at the feeds and HQ**

**Enough food to keep you going for several hours of riding**

**Water proof light-weight jacket in case the weather changes**

**2 x inner tubes, tyre levers and a mini pump**

**Mobile phone pre-programmed with emergency contact number – 07478 824 929**

**Basic tool kit including chain tool**

**Helmet – must be worn by all riders, please contact us via email if you are not able to wear a helmet**

**If you use a Garmin then don't forget it, preloaded with the route!**

**The wearing of hard shell helmets conforming to CE standards EN1078 is mandatory for all riders participating in Velo29 Sportive events. It is the rider's responsibility to equip themselves appropriately prior to event day, that the wearing of helmets is a requirement of the event. Participants who start without a helmet, or choose to discard their helmet at any point of the ride will be withdrawn from the event without refund.**

## **Fitness and the Bike**

**The responsibility is upon the rider to be physically capable of completing the distance of ride you have chosen.**

**Also, the rider is responsible for their own bike and you need to be confident that it is safe and reliable enough to complete the distance. There is a professional mechanic available on the day but their role is to assist with timing chips, small mechanical issues which occur on the ride and any issues which may have occurred on the way to the event.**

**If the event team judge your bike not to be suitable for the ride, then you will not be allowed to start. Refunds will not be given if the rider's bike is not suitable.**

## **3.) Registration**

**Register in the car park where you will receive your timing chip and rider number.**

**Registration opens at 07:00 and you must register by 08:00 and set off between 08:00 and 08:05**

**The desk will be sorted alphabetically.**

## 4.) Timing Chips

**ride timing**  
.co.uk

**We will be issuing disposable timing chips for the event. Please make sure that your bike and helmet do not have any other chips on them from previous events as this will interfere with giving you an accurate time. Keep your helmet dry as chips will not stick to a wet helmet.**

**Please make sure that the chip is firmly attached to the top of your helmet.**



**Rider times and certificates will be at;**

**[www.ridetiming.co.uk](http://www.ridetiming.co.uk)**

## 5.) Departure/ Rider Briefing

You need to depart between 08:00– 08:05

In the briefing, we'll highlight any issues that might have occurred on the route, dangerous sections etc. It is important to pay attention and make sure you hear it.





## **6.) Rider Conduct**

**This is a challenge event aimed at riders of all abilities, it is not a race.**

**Please read this short but important message.**

**As an increasing number of us take to the roads, the focus from the public on Sportives increases to grow. Sadly, not everyone is as excited about the explosion of cycling as we are. In previous events, we've had a small number of complaints regarding rider conduct and we fear that there is potential for these negative comments to escalate putting Sportives on the open road at risk.**

**As such we ask you all to please ride with every consideration to other road users, including cars and horses. Be as courteous to others as you can and absolutely follow the rules of the road 100% of the time.**

**Also, NO LITTERING please!**

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**Velo29 do an increasing amount of work each year with the areas we pass through to minimise the disruption and prevent any objection to Sportives on the open roads.**

**We need the riders to do the same, it's in all our interests to prevent public objection. Please ride well and ride safely for yourself and other road users.**

## **7.) First Aid**

**Qualified first aid is in a Land Rover following for the duration of the event.**

**Also FA is available at the Carlton Bank Feed.**

**For any emergency 999 should be used!**

**The Event Emergency number will reach event control who will record your call and respond appropriately however for serious emergencies, please dial 999 immediately.**

**The emergency contact number is below,  
please add this to your phone**

**07478 824 929**

**For breakdowns, rider recovery or non-emergency  
injuries call the above number.**



## 8.) Route Signs

**Velo29 deploy a huge number of route signs in all our Sportives, you will not find a Sportive with better signage!**

**We check the signs on the morning of the event and during the event.**

**We will use the yellow all routes signs throughout**



**We do suggest use of a GPS device in this event, the off-road sectors are easy to follow and we will display a large number of signs however we've found that GPS such as Strava on Ride With GPS visible on the handle bars a benefit.**

## 9.) Feed Stations

# HIGH5

## SPORTS NUTRITION

**At the start of Off Road Sectors 2, 4 and 5 there is a High 5 Feed/ Check Point. Here you will find High 5 Bars, Powders, Gels and Water. You'll be checked by the team there to confirm you've passed. They also have a tool kit and some inner tubes.**

**Just after the start of Sector 3 is the Carlton Bank Main Feed. Here we have sandwiches, cakes, sausage rolls, cans of coke, water, tea/ coffee and High5 product**

**You'll identify the start of each sector with these signs;**





## **10.) At the finish**

**Riders will return to the HQ and ride over the line to receive a finish time and medal. We also have a sausage bun and a beer waiting for you!**

**The Velo29 team will be there to welcome you back and remove your timing chip and rider number.**

**Any feedback you have on the day; we are there to chat about with you.**

**We'll confirm your ride time and give you your goody bag.**

**HQ will remain open until 17:00. If you are not able to make it back by then please make contact with us either through the emergency number or to one of the event officials out on the course.**

**If you are not accounted for by 17:00 we will take this seriously and contact the emergency services who will start looking for you.**

**In every event a rider decides to get a friend to give them a lift home and doesn't tell us. We've had Police knocking on doors, air ambulance and every other flavour of emergency service you can think of looking for riders who are sat at home! Please call us if you feel the need to go home.**

# 11.) Photos and Event Certificates

**Out on the course at various positions our Professional Event Photographer will be snapping away with some great photos you can purchase.**

**These will be available on their website, we'll post these photos on our Facebook pages after the event.**

**Ridetiming.co.uk will automatically take your finishing photo when crossing the line, these will be uploaded to the Ride Timing Facebook page after the event.**

**Ride Timing also offer a free event certificate available to download after the event. Simply navigate to their website [www.ridetiming.co.uk](http://www.ridetiming.co.uk) and follow the "Certificate" link**



# HIGH5

## SPORTS NUTRITION

**Event Nutrition for all the 2018 Velo29 Sportives will be provided by High5.**

**They will have product for you at the HQ to load up before the ride, at the feeds to keep you going and at the finish to help you replenish and recover quickly.**

**Their range is huge and excellent, they are the Nutrition of choice for all the Velo29 Team, both on and off the bike.**

**Check them out at [www.highfive.co.uk](http://www.highfive.co.uk) and all good sports retailers.**





CYCLE INJURY CLAIMS

## THE SPECIALISTS IN CYCLING ACCIDENT CLAIMS

At Cycle Injury Claims our main priority is to get you back on your bike as quickly as possible.

As cyclists ourselves we fully understand your needs so our dedicated team will work hard to ensure that you receive the maximum level of compensation for your injuries and also the appropriate rehabilitation, to get you back on two wheels. Our service has been designed exclusively with cyclists in mind.



REHABILITATION



REPAIR



COMPENSATION

Hopefully you will never need us, but if you do we are here to help.



MICHAEL W HALSALL solicitors

Or visit our website  
[www.cycleinjuryclaimsuk.com](http://www.cycleinjuryclaimsuk.com)

Call us on  
**0808 223 0357**

11 The Parks, Newton-Le-Willows, WA12 0JQ